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Written on MAY 9, 2012 AT 8:00 AM by JWICK

Today: National Children’s Mental Health Awareness Day

Filed under FAMILIES, HEATH, UNCATEGORIZED (NO COMMENTS)

Today is National Children’s Mental Health Awareness Day! Military children are a resilient bunch. From moves, to making new friends, deployments.

By Carlton Drew, director, Defense Center of Excellence, for Psychological Health & Traumatic Brain Injury, Education directorate

A new children’s resource is available for parents, other family members and health care providers. Developed by DCoE, the “[Children of Military Service Members Resource Guide](#)” is a quick-reference tool that addresses the mental and emotional well-being of military children. Whether concerns are associated with deployment, rehabilitation or reintegration – aspects that are common with military service – they can be challenging for the entire family unit, especially children. The resource guide is one way to help recognize and respond to the psychological and emotional health needs of children of military families.

Age-appropriate resources listed in the guide include books, films, websites and social media support groups on topics such as:

- Deployment
- Homecoming
- Grief
- Mental and emotional health
- Moving

One of the resources listed under mental/emotional health featured in the children’s guide is the Sesame Workshop’s [Talk. Listen. Connect](#) initiative, intended for preschool-age children. This multiphase, bilingual, multimedia initiative guides families through multiple challenges, such as deployments, homecomings and changes that occur when a parent comes home. Click on the links below to learn more about each one:


- [Talk. Listen. Connect: Deployments](#)
- [Talk. Listen. Connect: Homecomings](#)
- [Talk. Listen. Connect: Changes](#)

Navy Medicine Video

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Talk, Listen, Connect: Grief

And these are just a few of the many resources identified in the guide, so please [download a copy today](#). If you can’t find what you need or are looking for other types or resources related to psychological health or traumatic brain injury, contact the DCoE Outreach Center and speak with a trained, professional health resource consultant. Call 866-966-1020, email resources@dcocoutreach.org or live chat through the [DCoE website](#).

More information about the resource guide and intended uses will be presented. To register for the webinar, email DCoE.MonthlyWebinar@tma.osd.mil. It’s not too late!

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